

Lunch Menu

Dows Lane Elementary

Main Street School

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Tucouu,		1	2
	Welcome Back To		Student Lunch \$3.25 Adult Lunch \$5.50	
5	6	7	8	9
LABOR DAY	Spaghetti with Beef Meatballs & Spaghetti Sauce OR *Mozzarella Sticks With Breadstick	Beef Soft Tacos & Rice OR Chicken Tenders Breadsticks	French Toast Sticks & Scrambled Eggs OR Hamburger on Bun	*Fresh Baked Cheese or Pepperoni (P) Pizza OR Chicken Patty Sandwich
School Closed		Kidney Beans	Sweet Potato	Garden Salad
	Roasted Vegetables	Fresh Zucchini	Celery Stick	Tomatoes
12	13	14	15	16
Baked Fish Bites & *Mac and Cheese OR Chicken Patty on a Bun	Popcorn Chicken & Biscuit OR Hamburger on a Bun	*Ravioli with Marinara Sauce & Breadstick OR Chicken Tenders & Breadstick	*Chicken Quesadilla OR Hamburger on a Bun	*Fresh Baked Cheese or Pepperoni (P) Pizza OR Hot Dog on a Bun
French Fries	Carrots	Deceted Breezeli	Cauliflower	Calami O Camata Stialia
Celery Sticks	Baked Beans	Roasted Broccoli 21	Sliced Cucumber	Celery & Carrots Sticks
*Chicken Alfredo Pasta & Garlic Bread OR Hamburger on a Bun	*Bean Beef Tortilla Bowl OR Chicken Patty on a Bun	*Vegetarian Chili & Corn Muffin OR Hot Dog on a Bun	Chicken Tenders with Rice OR *Beef Quesadilla	*Fresh Baked Cheese or Pepperoni (P) Pizza OR Hamburger on a Bun
Carrots Coins	Corn	Green Beans	Broccoli	Pinto Beans
Roasted Squash	Peppers	Celery Sticks	*Edamame Beans	Cole Slaw
26	27	28	29	30
Happy Rosh Hashanah	Happy Rosh Hashanah	Chicken Nuggets with Carrots OR Hot Dog on a Bun French Fries	Fish Tacos & Rice OR Chicken Patty Sandwich Broccoli	*Fresh Baked Cheese or Pepperoni (P) Pizza OR Hamburger on a Bun Cucumbers
School Closed	School Closed	Celery	Carrots	Cole Slaw

All Meals include: Entrée, Fresh Fruit, and Choice of Milk- Fat Free White, or 1% White and Bread/Grain (All grains served are whole grain)

Vegetables (3/4 cup) and Fruit choices rotate daily between apples, oranges and bananas.

Available Every Day

Bagel with Cheese Stick offered as a Complete Meal, including vegetable, fruit and milk Sun Butter and Jelly on Whole Wheat Bread as a Complete Meal

<u>Click here</u> to see the selection of healthy snacks and beverages available.

These items require payment at the register or funds on account with MySchoolBucks.

